



## Volunteer Safety Message

*Your safety is DCR's number one priority! There are hazards to avoid so your day is safe and productive. Please take these safety tips seriously. Thank you.*

- Advise your group leader or park staff of any medical issues (bracelets) in advance.
- Always wear protective or disposable gloves.
- Keep careful watch for poisonous objects: whether natural or man-made.
  - ✓ Do not touch syringes or needles, even with protective gloves—alert park staff.
  - ✓ Broken glass, sharp or rusty objects and ocean debris carry dangers beyond their sharp surface—use caution and/or alert park staff.
- Watch for poisonous plants that cause skin rashes
  - ✓ Eastern poison ivy is typically a hairy, ropelike vine with three shiny green (or red in the fall) leaves budding from one small stem.
  - ✓ Poison sumac is a woody shrub that has stems that contain 7-13 leaves arranged in pairs and may have glossy, pale yellow, or cream-colored berries.
- Wear long sleeves and long pants to guard against poisonous plants, ticks and mosquitos.
- Check for ticks routinely *and thoroughly* at the end of the day.
- Drink plenty of water.
- Do not collect litter on the road—stay on the sidewalk.
- Carry your cell phone for emergencies.
- Ask for help in moving heavy objects and lift with your legs, not your back.
- Keep the weight of your litter bags manageable and place them in the designated area when full.
- Use eye protection.
- Rest when needed.
- Use sunscreen to maintain protection year-round from UV rays.



*Hypodermic needle and syringe*



*Poison Ivy - above  
Poison Sumac - below*

